

# Band to play traditional Irish music in Goodland

Glen Road, a traditional Irish band, will perform at 7:30 p.m. Sunday at the Veterans of Foreign Wars Hall, 824 Main. Tickets can be purchased at the Carnegie Arts Center or at the door.

The band's concerts have been compared to evenings gathered in an Irish kitchen as rain beats on the windows. The fire is stoked, and mugs of hot sweet tea are passed around. Someone takes a fiddle off the wall and launches a reel and is joined by flute and guitar.

The floor is cleared for a set dance, songs are sung and joke and story drift through the

air. The band is known for wry, good humor, a relaxed stage presence and a love for the tradition they represent.

The band comprises Turlach Boyland, who grew up on a farm in County Derry, Ireland, and plays the flute, tin whistle and tenor banjo; Mike Dugger of Overland Park, who plays tenor banjo and guitar and sings; and Greg Brown, who was born in St. John's, Newfoundland, and plays fiddle, Anglo concertina, button accordion and guitar.

Boyland's father decided in the early '80s that his seven children would play Irish

music. A stream of success in competition left five of the seven with All-Ireland championships.

Boyland has been an engineer, a computer programmer, an entrepreneur and a founder of Big Plain Records, a label promoting Irish traditional music in America, and of Bandstore, a web site where independent musicians can sell their wares.

His debut solo album, "The Tidy Cottage," was a finalist in the *Crossroads Magazine* 2000 music awards. His follow-up, "Shame the Devil," features his talents on banjo, mandola and tin-whistle, as well

as flute.

Dugger, a commercial artist, designed the poster for a De Dannan concert in Kansas City and received complimentary tickets. Mesmerized by their performance, he ran out the next morning and bought his first guitar, soon followed by banjo and fiddle.

A state-ranked runner in high school, his athletic career was cut short by service in southeast Asia. After returning to America, he became a clothes salesman before attending art school.

After music struck, Dugger honed his skills performing with the Mainframes and

Scartaglen. He formed Sunrush and taught fiddle at two summer schools.

Brown once made his living programming telephone systems but gave that up to teach music to kids at the Ottawa Folklore Center. He began learning fiddle at the age of seven and at the same time pursued classical music on piano and violin.

He spent his teen-age years in the prairies of Alberta, worked in the oilfield during college and now lives in Ottawa, Ontario. Somewhere along the way, he also learned to play viola, concertina, guitar and accordion.

# Holidays don't always invoke visions of sugarplums dancing in heads

For many people, this time of year does not always invoke visions of happy family gatherings or "sugarplums dancing in their heads."

Instead, the constant displays of holiday advertisements and Christmas music beginning already in October can provide an altogether different kind of reaction, more like stress.

Holidays rarely live up to the pic-



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ture-perfect image that is displayed on magazine covers and in commercials. Here are some holiday stress-busting techniques that may work

for you:

- Start with a family meeting early in the season to find out which traditions are most important to family members.

- Share responsibilities: don't try to do everything alone. Besides, doing things with others will create special memories of the season.

- Set reasonable goals and pace yourself; don't try to do it all alone, or at one time.

- Simplify, simplify — scale back and reconsider the most important parts of the celebration and focus on those.

- Have realistic expectations. Too often we become disappointed when people don't behave or things don't turn out the way we expect. People do not become perfect just

for the holidays.

- Take care of yourself — rest, eat sensibly and get some exercise. You'll enjoy everything more if you feel refreshed and healthy.

Keep in mind that friends and family should mean more than schedules and gift giving. Years from now, the gifts will probably be long gone and forgotten, but the memory of laughter and love live on.

*Contributed by Karen D. Beery, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 East Seventh, Hays, Kan. 67601. Internet site: [www.highplainsmentalhealth.com](http://www.highplainsmentalhealth.com)*

# 4-H news

### Ruleton Eager Beavers

The Ruleton Eager Beavers called the October 4-H meeting to order by saying roll call, "My Favorite Hobby." There were nine members, three leaders and three guests present.

The communications were information to donate money to the 4-H Foundation, and leaders Colleen Duell and Barb Winston told the group enrollment forms are due early in November.

New business was to start thinking about when club members should go around town and pick up

food for the Genesis Food Drive. The club discussed sending letters to troops in Iraq like it had done in April.

There was a demonstration by Cody Hooker on how to properly get a pig ready to show. For the song, the club sang "Happy Birthday" to members who had birthdays in October, Colleen Duell and Sydney Winston.

In announcements, 4-H Achievement Awards will be Sunday, Nov. 2. For the next meeting, club members are to bring school pictures to put into the letters to the troops.

The meeting was adjourned by saying the club motto. After the meeting, new members were welcomed with a banana split party.

### Glendale Livewires

The Glendale Livewires 4-H Club held its regular meeting on Monday, Oct. 17, at the Sherman County 4-H Building. It was for their model meeting.

President Amber Cowan called the meeting to order and roll call was answered by "What you will you be for Halloween." There were 12 members, 2 leaders and 1 guest

present.

Kade Sheldon led the club in singing, "Home on the Range," followed by the Flag Salute.

Treasurer Courtney Sheldon reported that there was an ending balance of \$722.84 with no outstanding bills or deposits.

Leader Penny Sheldon reminded everyone that officers training would be Oct. 31, at the 4-H building. On Sunday, Nov. 2, the Achievement Banquet was planned at 2 p.m. at the First Christian Church. Then on Nov. 3, there was a council meeting at the 4-H Build-

ing at 7:00 p.m.

Election of Officers was done in place of the program. Amber Cowan was elected president; Courtney Sheldon was elected vice president; and Linsey Owens and Kade Sheldon will share the duties of secretary/reporter.

Treasurer will be Cassie Cooper; Colton Cooper will hold the office of cheer person. Recreation and song leaders will be Lacie Cowan, Cy Paxton, Gage Owens and Jason Cowan.

Historians for the club will be Amber Cowan, Courtney Sheldon,

Cassie Cooper and Linsey Owens. Council Members this year will be David Livengood, Brandon Cowan and Amber Cowan.

Parliamentarians will be David Livengood and Courtney Sheldon. New Leaders are Michelle Cooper and Terri Richardson.

The next meeting will be at 7 p.m. Monday, Nov. 17, at the 4-H building. New leader Michelle Cooper asked all members to try to recruit some friends as new members.

The meeting was closed by saying the club motto and putting the chairs away.

# matters of record

### Goodland Police

The following crimes have been reported to the Goodland Police Department:

**October 19** — Chantel D. Thornburg reported an incident of burglary at 600 E. 12th and the theft of a CD player from a vehicle valued at \$50.

**October 20** — Samantha R. Lamb reported the theft of a bicycle, valued at \$50, at 1209 Cherry Ave.

The City of Goodland reported the theft of hub caps taken from a city vehicle, valued at \$200, at 1717 Cherry Ave.

**October 21** — Rosalinda M. Martinez was the victim of an estimated \$20 in criminal damage to a window screen at 318 W. 15th St.

### District Traffic

The following traffic fines have been paid in the Sherman County district court:

**Sept. 22** — Kris Spinivansan, 27, of Berkeley, Calif., was fined \$265 for speeding, 103/70, and \$60 for failure to signal lane change.

Jennifer L. Roemer, 22, of St. Charles, Mo., was fined \$204 for speeding, 96/70.

**Sept. 23** — Pedro G. Gonzalez III, 29, of Edson was fined \$138 for speeding, 73/55.

**Sept. 24** — Roger S. Broomfield, 27, of St. Louis, Mo., was fined

\$213 for speeding, 97/70.

**Sept. 29** — Kevin P. O'Connell, 40, of Jupiter, Fla., was fined \$258 for speeding in a construction zone, 81/60.

**Sept. 30** — Wendy S. White, 35, of Bird City was fined \$114 for speeding, 79/65.

Jason Charles Ryals, 19, of Goodland was fined \$160 for dove hunting with an unplugged gun.

**Oct. 2** — Elizabeth A. Dunaway,

30, of River Ridge, La., was fined \$360 for driving while suspended and \$78 for speeding, 88/70.

**Oct. 3** — Arsenio N. Rios, 21, of Los Savos, Mexico, was fined \$120 for driving without a license, \$300 for not having liability insurance and \$90 for speeding, 90/70.

**Oct. 6** — William A. Scheele, 52, of Washington, Mo., was fined \$260 for transporting an open container.

Alexander V. Peterson, 36, of Denver was fined \$375 for speeding, 109/70.

Kathy L. Woodcox, 45, of St. Francis was fined \$150 for speeding, 85/65.

**Oct. 7** — Andrew A. Lovington, 17, of Goodland was fined \$159 for speeding, 76/55.

**Oct. 9** — Danny D. Buford, 34, of Burlington was fined \$168 for speeding, 77/55.

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